

# TIPS for Talking to Your Doctor

Healthy women, strong communities

- *Don't be afraid* to ask questions
- *Have a list of your questions* - Remember to bring a pen or pencil to write down answers
- *Ask a friend or a relative to go* to the doctor with you
- *Organize your notes* when you get home. Call your doctor back if you have more questions
- *Talk with your doctor before and after your exam*, while you are comfortable
- *Find out if there are any screening tests* you should be having for your age
- *Do your research*. Arm yourself with information
- *If you are having a test done, ask about the test*. If you are getting results, ask to see the results and what they mean
- *If you get a prescription, ask about it* and make sure you understand why and how to take the medication
- Most importantly, *keep an open line of communication* with your doctor

